THE SOVEREIGN LOVE WORKBOOK

Healing Rejection, Reclaiming Your Spiritual Identity, and Ending Loneliness in Partnership

FRISTY SATO

WWW.FRISTYSATO.MY.ID

The Sovereign Love Workbook

Healing Rejection, Reclaiming Your Spiritual Identity, and Ending Loneliness in Partnership

Written by Fristy Sato

Divine Feminine Leadership Initiator

fristysato.my.id

FRISTY SATO
fristysato.my.id

The Sovereign Love Workbook

© Copyright 2025 Fristy Sato

All rights reserved. No part of this publication may be reproduced, stored, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without written permission from the publisher. It is illegal to copy this book, post it to a website, or distribute it by any other means without permission.

Fristy Sato asserts the moral right to be identified as the author of this work.

Fristy Sato has no responsibility for the persistence or accuracy of URLs for external or third-party Internet Websites referred to in this publication and does not guarantee that any content on such Websites is, or will remain, accurate or appropriate.

Designations used by companies to distinguish their products are often claimed as trademarks. All brand names and product names used in this book and on its cover are trade names, service marks, trademarks and registered trademarks of their respective owners. The publishers and the book are not associated with any product or vendor mentioned in this book. None of the companies referenced within the book have endorsed the book.

Although the author and publisher have made every effort to ensure that the information in this book was correct at press time, the author and publisher do not assume and hereby disclaim any liability to any party for any loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause.

Neither the author nor the publisher assumes any responsibility or liability whatsoever on behalf of the consumer or reader of this material. Any perceived slight of any individual or organization is purely unintentional.

The resources in this book are provided for informational purposes only and should not be used to replace the specialized training and professional judgment of a health care or mental health care professional.

Neither the author nor the publisher can be held responsible for the use of the information provided within this book. Please always consult a trained professional before making any decision regarding treatment of yourself or others.

Disclaimer & Important Information

This workbook, "The Sovereign Love Workbook" was created by Fristy Sato and is intended for educational and inspirational purposes only. It is not a substitute for professional medical, psychological, or financial advice. The content provided herein is based on spiritual and energetic principles and is designed to support personal growth and self-discovery in a structured manner.

While the practices and information shared can be profoundly transformative, individual results may vary. It is always recommended to consult with qualified professionals for any health or well-being concerns. By engaging with this material, you acknowledge that you are responsible for your own well-being and choices.

All content, concepts, and the THRIVE Method™ are copyrighted by Fristy Sato. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

© 2025 Fristy Sato. All rights reserved.

Table of Contents

A Note from Fristy 4
Part 1 – Awareness and Mapping the Wound 5
Exercise 1: Loneliness in Proximity 5
Exercise 2: Gifts Rejection Trigger Map 6
Part 2 – Inner Child and Timeline Healing 7
Exercise 3: Inner Child Dialogue (Reclaiming Visibility) 7
Exercise 4: Timeline Reframe (Healing Exclusion) 8
Part 3 – NLP and Energetic Reprogramming 9
Exercise 5: Belief Upgrade 9
Exercise 6: NLP Reframe — The Secure Anchor 10
Part 4 – Sovereign Integration and Choice 11
Exercise 7: Secure Conversation Practice 11
Exercise 8: Sovereign Choice Ritual 12
Reflection and Notes Section 13
Your Next Sacred Step 14
Apply Now for the THRIVE Feminine Leadership Immersion 14
Get Your Free Gift! 15
Divine Feminine Wealth Activation 15
Get Your Free Gift! 17
The Unapologetic Radiance Guidebook 17
A Note of Gratitude 19
About Fristy Sato 20
Check Out My Books! 21
The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires 21
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love 23
Your Path Forward 25
BEGIN YOUR JOURNEY NOW! 26

© 2025 Fristy Sato
fristysato.my.id

A Note from Fristy

Welcome, sovereign woman.

Fristy Sato here. For those who haven't met me yet—I'm a certified Life Coach in Neuro-Linguistic Programming, a Certified ThetaHealing® Practitioner, and a Certified Practitioner in Time Line Therapy®.

For years I believed achievement was the same as peace. I chased degrees, recognition, and a picture-perfect career abroad. On paper, I looked successful. Inside, I was exhausted and disconnected.

Through trauma-informed healing, inner-child work, and embodiment, I began leading from presence instead of perfection. That path became what I now call Divine Feminine Leadership—leading with intuition, clarity, and compassion, like a mother guiding life itself.

You are a powerful leader, a healer, and a visionary. You have achieved success in the world, yet you may still feel a deep, persistent loneliness—even when sitting right next to the person you love.

This loneliness is not a failure of your relationship; it is a **Spiritual Rejection Wound** showing you where your inner child still feels unseen.

This workbook is your guide to healing that wound. It is not about fixing your partner; it is about anchoring your identity so that:

- You feel **whole, secure, and chosen** regardless of their actions.
- You make all relationship choices (to stay, to evolve) from **empowerment**, not triggered fear or loneliness.
- You fully embody your truth—your spiritual gifts, your leadership, your intuition—without shame or apology.

Your wholeness is the foundation for a truly sovereign love.

Yours in healing,

Fristy Sato | Divine Feminine Leadership Initiator
fristysato.my.id
hello@fristysato.my.id

© 2025 Fristy Sato
fristysato.my.id

Part 1 – Awareness and Mapping the Wound

To heal the pain of rejection, we must first map it back to its original source: your inner child.

Exercise 1: Loneliness in Proximity

The feeling of being alone when you are together is a core indicator of an unmet childhood need.

"Sitting next to my partner, what did I wish they would do or say to finally make me feel safe?" *(Identify the precise need you outsource to your partner.)*
"The loneliness I feel now is the same as when ___ (trace the memory back to childhood)." *(Connect the adult trigger to the original childhood wound.)*
"When I feel this way, my body feels... (heavy, empty, tight). This is the younger me saying..." *(Listen to the physical sensation—this is your inner child's voice.)*

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

© 2025 Fristy Sato
fristysato.my.id

Exercise 2: Gifts Rejection Trigger Map

Your gift is the most sacred part of you. When it is dismissed, the pain is intense because it confirms an old fear.

"When my partner dismisses my work as..., I feel... because deep down I need..." *Name the core emotion (shame, anger) and the deeper need (respect, validation).*
"When I was younger, my gift was treated as... Now, I choose to treat it as..." *Rewrite the contract for your spiritual identity, claiming your gifts as divine.*

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

© 2025 Fristy Sato
fristysato.my.id

Part 2 – Inner Child and Timeline Healing

We are healing the timeline of exclusion, ensuring the adult you is the secure, visible anchor your younger self always needed.

Exercise 3: Inner Child Dialogue (Reclaiming Visibility)

1. **Visualization:** Close your eyes and recall a recent moment of loneliness with your partner.
2. **Visit:** See your younger self (the age that first felt invisible) sitting alone in that scene.
3. **Dialogue:** Sit beside her. Hold her hand. Whisper this promise: **"I will never leave you alone in the dark again. Even if the whole world ignores you, I see you. I choose you."**
4. **Journal:** Ask her what she needs to feel safe and write her words in your journal.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

© 2025 Fristy Sato
fristysato.my.id

Exercise 4: Timeline Reframe (Healing Exclusion)

The pattern of feeling excluded (not told what's happening) can be rewritten at its origin point.

1. **Timeline Shift:** Float above your life timeline. Find the earliest memory of being excluded or left out.
2. **Intervention:** Step into that moment as adult-you, hug little-you, and say: **"You don't need to know everything to be safe. You are always included in my heart. I will never exclude you again."**
3. **Integration:** Bring that healed part back to the present moment, anchoring the feeling of inherent inclusion.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

© 2025 Fristy Sato
fristysato.my.id

Part 3 – NLP and Energetic Reprogramming

We are using advanced techniques to delete the old beliefs of rejection and anchor your new reality as the chosen, radiant leader.

Exercise 5: Belief Upgrade

Test and reprogram the core beliefs that keep you feeling invisible.

Old Limiting Belief (Wound)	New Liberated Truth (Sovereign Script)
“I am left out and overlooked.”	“I am included. I am the center of my own life.”
“My spirituality is nonsense.”	“My spirituality is divine and guides my success.”
“I am invisible beside men/my partner.”	“I am radiant and visible even in silence.”

Visualization (Theta Style): Imagine pure white-gold Source energy pouring over you. See the old beliefs as grey smoke leaving your body. See the new beliefs anchoring into your heart, turning your chest into a warm, confident glow.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

© 2025 Fristy Sato
fristysato.my.id

Exercise 6: NLP Reframe — The Secure Anchor

1. **Replay:** Replay the scene where you felt most alone in your relationship.
2. **Anchor:** This time, imagine you turning to **yourself** and placing a hand on your own heart and belly.
3. **Affirmation:** Whisper: **“Even if they are silent, I am never alone. My security comes from within.”**
4. **Anchor:** Anchor the resulting body shift (calmness, security) with a deliberate hand-on-heart gesture. This is your immediate security tool.

The root of this spiritual rejection often links to deeply ingrained money wounds. To fully dissolve the belief that your work is "not valuable," **Visit our self-paced course, Divine Feminine Money Healing**.

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

© 2025 Fristy Sato
fristysato.my.id

Part 4 – Sovereign Integration and Choice

Healing the relationship wound means taking radical responsibility for your own needs and making future choices from a place of empowered sovereignty.

Exercise 7: Secure Conversation Practice

Practice asking for respect and inclusion without demanding agreement or apologizing for your truth.

- Practice saying: **“I feel lonely when we are together in silence. I need inclusion and presence to feel safe with you.”**
- Practice saying: **“I feel dismissed when my gift is called… (write any negative things you’ve ever heard about your work) I need my work to be respected, even if you don’t fully understand it.”**

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

© 2025 Fristy Sato
fristysato.my.id

Exercise 8: Sovereign Choice Ritual

You are claiming a future of joyful, fulfilling partnership, whether it is with your current partner or a new alignment.

1. Light a candle. Journal the following prompts:
    - "If I choose to **stay** in this marriage, what joy and sovereignty do I gain? What old patterns must I lose?"
    - "If I choose to **leave** this marriage, what freedom do I gain? What comfortable patterns must I lose?"
2. Place hands on heart and repeat the sovereign vow: **"By the end of [Next Year], I will be in a joyful, sovereign relationship—whether with him, or with myself."**

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

© 2025 Fristy Sato
fristysato.my.id

Reflection and Notes Section

This space is for you to jot down any thoughts, feelings, or insights that arise during your exercises. Reflect on your progress, challenges, and any shifts in your perspective towards self-love and loving kindness.

© 2025 Fristy Sato
fristysato.my.id

Your Next Sacred Step

Sit in stillness. Place hands over your heart. Whisper this vow:

“Creator, Source, Beloved, Even when others cannot see me, I see me. Even when my partner does not believe me, I believe me. Even when I feel alone, I am whole. Love flows to me, through me, from me. **I am chosen. I am loved. I am safe.”**

This inner security is the foundation of the **THRIVE Feminine Leadership Immersion**, where we anchor your healed identity into your business and entire legacy.

If you are ready to make this sovereign love your permanent reality, the **THRIVE Feminine Leadership Immersion** is your invitation home.

Apply Now for the THRIVE Feminine Leadership Immersion

Note: Only 5 spots are available per quarter.

I am holding the space for your arrival.

With love,

Fristy

© 2025 Fristy Sato
fristysato.my.id

Get Your Free Gift!

Divine Feminine Wealth Activation

Your Clear Path to Reclaim Your Financial Flow and Manifest Sacred Prosperity.

This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of scarcity** that may be holding you back.
- **Deconstruct inherited and learned patterns** that have unknowingly blocked your abundance flow.
- **Discover the true essence of Divine Feminine Wealth**—it's more than just money; it's a sacred energy for impact and purpose.
- Begin to **Transform your relationship with money** through grounded practices for financial safety and energetic boundaries.
- **Uncover your unique abundance blueprint** through powerful self-inquiry and actionable practices.

© 2025 Fristy Sato
fristysato.my.id

You'll find that readers who engage with this "Divine Feminine Wealth Activation" workbook are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their financial flow and manifest sacred prosperity with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound abundance.

Ready to Reclaim Your Abundance?

Get Your FREE "Divine Feminine Wealth Activation" Guidebook Now!

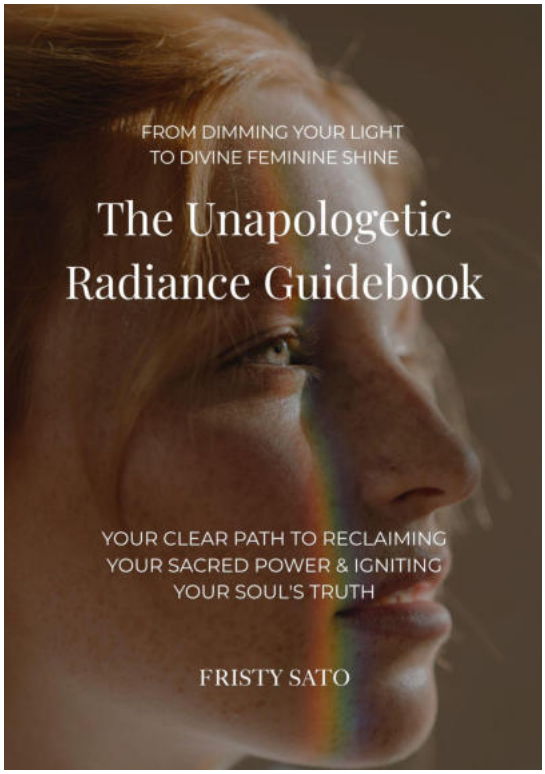
You can get your copy HERE.

© 2025 Fristy Sato

Get Your Free Gift!

The Unapologetic Radiance Guidebook

Your Clear Path to Reclaiming Your Sacred Power & Igniting Your Soul's Truth.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of fear and self-doubt** that may be subtly dimming your light.
- **Deconstruct inherited and learned patterns** that have unknowingly kept you playing small or seeking external validation.
- **Discover the true essence of Divine Feminine Radiance**—it's more than just being seen; it's a sacred frequency for impact and purpose.
- Begin to **Transform your relationship with visibility** through grounded practices for inner safety and energetic boundaries.
- **Uncover your unique radiance blueprint** through powerful self-inquiry and actionable practices.

© 2025 Fristy Sato

You'll find that readers who engage with "The Unapologetic Radiance Guidebook" are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their authentic presence and ignite their soul's truth with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound self-expression.

Ready to Reclaim Your Radiance?

Get Your FREE "The Unapologetic Radiance Guidebook" Now!

You can get your copy HERE.

© 2025 Fristy Sato
fristysato.my.id

A Note of Gratitude

This work wouldn't be possible without the wise women, spiritual teachers, and mystics who came before me. Their wisdom is what built the foundation of the **THRIVE Method**. I'm forever grateful for them.

To my own mentors, thank you for holding the space for my own journey and for always guiding me with a firm, loving hand.

Finally, to you, the reader—thank you. Thank you for being so brave and for showing up for yourself. The world is a better place because you're doing this work.

© 2025 Fristy Sato
fristysato.my.id

About Fristy Sato

Fristy Sato is a Divine Feminine Leadership Activator, a guide for women who are ready to become leaders. She helps them tap into their feminine power and lead with confidence. Her work is a journey that helps women master their energy, heal from the past, and embrace who they truly are.

Fristy's goal is to help women move beyond pain and reclaim their power. She guides them toward a life of peace, prosperity, and clear purpose. She uses a kind, grounded, and empathetic approach, creating a safe and clear space for real transformation.

She helps women build unshakeable confidence that comes from within. Her programs aren't just courses; they're designed to help you remember your soul's deepest truth and give you a practical way to rise up and lead.

© 2025 Fristy Sato

Check Out My Books!

I've channeled more wisdom into these sacred offerings. These books are designed to meet you exactly where you are and guide you through the intricate layers of healing and alignment. They illuminate the next steps on your path to becoming the most authentic, radiant, and powerfully manifested version of yourself.

The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires

UNLOCK THE SECRET TO MANIFESTATION
THAT ALIGNS WITH YOUR SOUL'S PURPOSE
The
Conscious
Manifestation
Journal
This transformative journal blends manifestation techniques, subconscious healing, and structured goal-setting to help you turn your biggest dreams into reality—one aligned step at a time.
FRISTY SATO

You've tried manifestation. You've made vision boards. You've repeated affirmations. But something still feels off. This journal is your guide if you're ready to move beyond wishful thinking and into the deep, soul-aligned work of co-creation. It's for the leader ready to heal subconscious blocks, align with her soul's true mission, and manifest her biggest dreams into reality, one grounded step at a time.

Discover More and Purchase Your Copy HERE!

© 2025 Fristy Sato

What Readers Are Saying:

I've read countless books on manifestation—but nothing has felt as grounded, practical, and deeply transformational as The Conscious Manifestation Journal. Fristy Sato don't just repackage the usual "think positive" advice. Instead, they take you into the real work: healing, shadow integration, inner child connection, and actionable, aligned steps that actually move your life forward.

What makes this journal stand out is how holistic and structured it is. The project management-inspired tools helped me take vague dreams and turn them into clear, achievable goals. And the emotional healing work—especially the exercises on forgiveness, limiting beliefs, and self-sabotage—created shifts I've been trying to unlock for years.

I finally feel like I'm not trying to force the universe, but co-creating with it in a way that feels natural and true to who I really am. If you're tired of fluffy LOA advice and ready to align your desires with your soul's path—this is the journal you've been waiting for. Truly a sacred, empowering, and life-changing guide.

— Sarah., Life Coach

"Fristy's guidance has been a beacon. Her teachings on energetic sovereignty transformed my fear of visibility into a quiet confidence I never knew I possessed. I'm finally showing up in my business, unapologetically radiant."

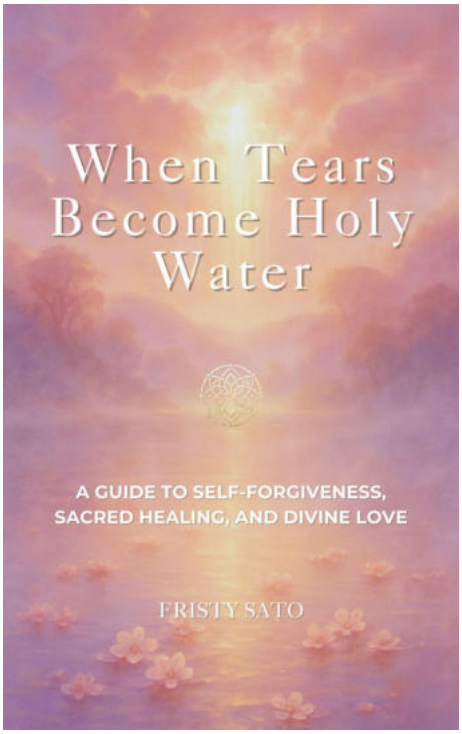
— Evelyn., Manager

"I used to feel exhausted just thinking about my finances. After working with Fristy's methods, I feel a profound sense of ease and an almost magical flow of abundance. Her work is truly life-changing and deeply sacred."

— Erika., Healer

© 2025 Fristy Sato
fristysato.my.id

When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love



What if your tears weren't a sign of failure—but a sacred invitation back to yourself? If the journey of healing and self-compassion calls to you, this book is a profound companion. It's for the sensitive, introspective soul longing to reconnect with her inner child, release unspoken shame, and forgive herself, others, and even God. This is not a step-by-step guide to "fix" your life; it's an invitation to sit with your truth and find out it's still holy. Embrace a softer, embodied approach to healing and discover the grace that has always been holding you.

Discover More and Purchase Your Copy HERE!

What Readers Are Saying:

"As someone who has struggled with family wounds and spiritual confusion, I felt seen in every chapter. The three-act structure made it so easy to follow: forgiving God, forgiving myself, forgiving others. I've never read a book that so beautifully integrates personal story with spiritual practice. This is the book I'll be gifting to every woman I know."

— Sofia., Entrepreneur

This book found me exactly when I needed it. I didn't realize how much shame and guilt I was still carrying until I started reading When Tears Become Holy Water. Fristy's words felt

© 2025 Fristy Sato
fristysato.my.id

like a hand on my heart. She doesn't just teach forgiveness—she lives it. This is more than a book. It's a healing experience. I cried, I journaled, and for the first time in years, I truly forgave myself.

— Sheena., Trauma Survivor & Meditation Student

I've read dozens of personal growth books, but none touched me like this one. Fristy writes with so much tenderness, wisdom, and depth. Her story is raw, relatable, and radiant. The mirror ritual alone changed my relationship with my inner child. If you're on a journey of healing, this book is your companion.

— Melissa R., Therapist & Energy Healer

Fristy writes with a voice that's both nurturing and powerful. She doesn't sugarcoat the healing journey, but she shows you how every tear is sacred. This book helped me forgive people I never thought I could—and most importantly, it helped me forgive myself. It's a must-read for anyone walking the path of spiritual growth and emotional freedom.

— Nina H., Spiritual Entrepreneur

I couldn't put this book down. Fristy's journey through rage, grief, and spiritual awakening is not just inspiring—it's transformative. I felt like I was sitting in a healing session just by reading. Her blend of journal reflections, meditations, and lived wisdom is unmatched. I'll be rereading this one for years to come.

— Jasmine A., Holistic Wellness Practitioner

© 2025 Fristy Sato
fristysato.my.id

Your Path Forward

Connect with Fristy on Social Media:

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

Receive daily inspirations, clear transmissions, and updates designed to support your journey.

Explore More Offerings & Wisdom: https://www.fristysato.my.id/

Discover the full THRIVE Method™ from free resources to high-ticket mentorships—each designed to provide a clear path to your next level of embodiment.

© 2025 Fristy Sato
fristysato.my.id

BEGIN YOUR JOURNEY NOW!

For more wisdom of Divine Feminine Leaders, visit:

Fristy Sato Official Website: https://www.fristysato.my.id/

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

May your radiance shine forth with clarity and purpose. The world awaits your light.

© 2025 Fristy Sato
fristysato.my.id